

Strong Bonds is a chaplain-led and family readiness supported program for Soldiers, Airmen and their families. Strong Bonds includes several curriculum for married couples, singles and families including the following: Active Relationships; Couples Communication; Laugh Your Way to a Better Marriage; LINKS (Lasting Intimacy through Nurturing, Knowledge and Skills); PREP (Prevention and Relationship Enhancement Program); 5 Love Languages; 8 Habits of Highly Successful Marriages; Survival Skills for Healthy Families; Seven Habits of Highly Successful Families; PICK (Premarital Interpersonal Choices and Knowledge); and several specialized programs for deployed and redeployed Guard families.



Strong Bonds empowers Soldiers and Airmen and their loved ones with relationship-building skills, and connects them to community health and support resources. It is a holistic, preventative program committed to the restoration and preservation of Guard families, even those near crisis. The program is initiated and led by the Chaplains. More than 90% of those who have attended the program rate it positively.

With Strong Bonds, participants not only bond with their loved ones. They bond with other Guard families, chaplains and the military community as a whole. In turn, our Soldiers and Airmen realize that they're not in this alone. They have the entire Guard family for support, both on duty and off. Go to the Strong Bonds website at [www.strongbonds.org](http://www.strongbonds.org) to learn more.

### ***Strong Bonds Workshop Schedule for 2010***

#### ***PREP for Married Couples***

**13-14 March 2010 in Pierre**

Prevention and Relationship Enhancement Program (PREP) is marriage *education*, not therapy. Most of us didn't learn relationship skills in a direct manner from qualified sources. Most of us simply picked up bits of information from people who had good intentions, but lacked expertise. Worse, some passed on advice that was downright wrong.

PREP is an educational program to teach couples the skills and principles they need to maintain a healthy and lasting relationship. Check out [www.prepinc.com](http://www.prepinc.com) for more information.

#### ***PICK for Singles***

**13-14 March 2010 in Pierre**

Premarital Interpersonal Choices and Knowledge (PICK), also known as *How To Avoid Falling for a Jerk(ette)*, teaches a way to build a healthy relationship that keeps the head and heart working together. This program is designed to provide singles and

singles-again of all ages with a plan for *pacing a relationship* and *exploring the key areas* that foreshadow what that partner will be like in marriage. Check out [www.nojerks.com](http://www.nojerks.com) for more information.

### ***Survival Skills for Healthy Families***

**10-11 July 2010 in Sioux Falls**

Survival Skills for Healthy Families is education for families, including children ages 6 and up, with the following sessions: Parents in Healthy Families; Children in Healthy Families; Adult Relationships-Couples in Healthy Families; As Children Grow-Change in Healthy Families; Solving Family Problems; and Sex, Drugs, and You-Passing on Your Values to Your Children

Each session is organized around practical guidelines for healthy family interactions, which are demonstrated and then practiced with the participants. Go to [www.familywellness.com](http://www.familywellness.com) for additional information.

### ***Laugh Your Way to a Better Marriage and Financial Peace for Married Couples***

**11-12 Sept 2010 in Rapid City**

“Laugh Your Way to a Better Marriage” is video-based education aimed at helping couples get it right, get along, have fun, and achieve a successful marriage. “Laugh Your Way” author Mark Gungor’s candid and comedic approach uses unforgettable illustrations to teach proven principles that are guaranteed to strengthen any marriage. Check out [www.laughyourway.com](http://www.laughyourway.com) for additional details.

Financial Peace University is a program authored by Dave Ramsey. It is a life-changing program that teaches you how to make the right decisions with your money. You'll be empowered with the practical skills and confidence needed to achieve your financial goals and experience true financial peace! Go to [www.daveramsey.com/fpu/military/](http://www.daveramsey.com/fpu/military/) for more information.

### ***PICK and Financial Peace for Singles***

**11-12 Sept 2010 in Rapid City**

See descriptions above.

### ***Questions many families have about Strong Bonds***



*We can't attend one of the scheduled events. How else can we get this training?*

Check with your Battalion or Wing Chaplain. We have the ability to schedule additional events. We can bring the training to your unit or wing.

*Will we be expected to tell a bunch of strangers what our problems are?*

**No.** Strong Bonds is **not** group therapy. It is an opportunity to learn communication and other skills that work in dating, marriage and families. It's not necessary to share short-falls with the group. **Your confidentiality is important will be protected.** Workbooks and time are provided to allow participants (individually and together) to explore their expectations, issues and beliefs that can greatly affect their relationships and families.

*Is this a religious program?*

**No.** No particular denominational teachings are included in the Strong Bonds workshop.

*Our budget is tight and we're not sure we can afford a weekend away.*

Military members may request attending in a split-training (pay) status. However, this decision belongs to the unit or wing commander. Such requests are the military member's responsibility. Spouses will be on Family Readiness Invitational Travel Authorizations for the workshop which covers reimbursement for lodging, mileage and food cost. Light snacks are provided during the workshop; however meals will be at your own expense. Reimbursement forms will be completed during the workshop. Thanks to special funding this workshop (including materials) is provided at no cost.

***Register now to ensure your spot!***

→ Complete the registration form on the next page and mail it to the address indicated.

**OR**

→ Complete the registration online and email your completed form to the State Chaplain's Office at [leah.j.braun@us.army.mil](mailto:leah.j.braun@us.army.mil).

→ For questions or need more information, call the State Chaplain's Office at 605-737-6658 or 605-431-6058 or email MSG Leah Braun at [leah.j.braun@us.army.mil](mailto:leah.j.braun@us.army.mil).



## ***Strong Bonds 2010 Registration Form***

To reserve your spot – Please complete this form and:

**Mail to:** State Chaplain's Office, 2823 West Main St, Rapid City, SD 57702-8186

**OR fax to:** 605-737-6088

**✓ date and location of your choice**

_____ March 13-14, 2010	PICK for Singles	Pierre
_____ March 13-14, 2010	PREP for Married	Pierre
_____ July 10-11, 2010	Survival Skills for Healthy Families	Sioux Falls
_____ September 11-12, 2010	Laugh & Financial Peace for Married	Rapid City
_____ September 11-12, 2010	PICK & Financial Peace for Singles	Rapid City

Registration Deadline: As soon as possible for planning purposes

Room Reservation Deadlines are 2 weeks prior to workshop

**Service Member's Name(s) and Rank(s)** \_\_\_\_\_

\_\_\_\_\_

**Mailing Address** \_\_\_\_\_ **City, State, Zip** \_\_\_\_\_

**Your Phone (    )** \_\_\_\_\_ **Your e-mail** \_\_\_\_\_

**Your Military Unit** \_\_\_\_\_

**Round-Trip mileage from home to workshop location** \_\_\_\_\_

**Couples and Family Registrants ONLY**

**Name of military member?** \_\_\_\_\_

**Non-Military Spouse's Name & SSN #** \_\_\_\_\_

(required for Travel orders – for lodging, mileage, per diem costs)

**If you are both military members which one will be on travel orders in a non-military status?** \_\_\_\_\_ (If you are both AGR, please call)

*A follow up letter confirming your registration and further details will be sent to you upon receipt of this registration.*